

Amendments to the Claims

1-25. (cancelled)

26. (currently amended) An unsaturated fatty acid composition ~~consisting essentially of~~ comprising flaxseed oil in a food, wherein linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18:3) are present in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.5 in said food, ~~and wherein said composition contains flaxseed oil.~~

27. (previously presented) The composition of claim 26, further comprising rapeseed oil and perilla oil.

28. (currently amended) The composition of claim 26, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said ~~composition~~food is 0.05-2.0.

29. (currently amended) The composition of claim 27, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said ~~composition~~food is 0.05-2.0.

30. (previously presented) The composition of claim 26, wherein said composition is in the form of a capsule.

31. (previously presented) The composition of claim 30, wherein the unsaturated fatty composition further comprises rapeseed oil and perilla oil.

32. (currently amended) The composition of claim 30, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said food is 0.05-2.0.

33. (currently amended) The composition of claim 31, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said food is 0.05-2.0.

34. (currently amended) An edible oil ~~consisting essentially of~~ comprising flaxseed oil in a food, wherein linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18:3) are present in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.5 in said food, ~~and wherein said oil contains flaxseed oil.~~

35. (previously presented) The oil of claim 34, further comprising rapeseed oil and perilla oil.

36. (currently amended) The oil of claim 34, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said ~~oil~~food is 0.05-2.0.

37. (currently amended) The oil of claim 35, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said ~~oil~~food is 0.05-2.0

38. (currently amended) A dietary supplement ~~consisting essentially of~~comprising flaxseed oil in a food, wherein linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18:3) are present in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.5 in said food, ~~and wherein said supplement contains flaxseed oil.~~

39. (previously presented) The dietary supplement of claim 38, further comprising rapeseed oil and perilla oil.

40. (currently amended) The dietary supplement of claim 38, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said ~~supplement~~food is 0.05-2.0.

41. (currently amended) The dietary supplement of claim 39, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said ~~supplement~~food is 0.05-2.0.

42. (currently amended) A food composition ~~consisting essentially of~~comprising flaxseed oil, wherein linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic

fatty (n-3, 18:3) are present in the composition in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.5, ~~and wherein said food contains flaxseed oil.~~

43. (previously presented) The food of claim 42, further comprising rapeseed oil and perilla oil.

44. (previously presented) The food of claim 42, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said food is 0.05-2.0.

45. (previously presented) The food of claim 43, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said food is 0.05-2.0.